

# St John's Lutheran School

## School Newsletter – 8<sup>th</sup> February, 2017



### In our Prayers this week:

Bjelke-Petersen Family – Grace Yr 2  
Black Family – Chloe Yr 7  
Black Family – Joshua Yr 3  
Blackmore Family – Kelsey Yr 9,  
Savannah Yr 9  
Bliesner Family – Charlise Yr 2  
Blinco Family – Sara Yr 8, Chloe Yr 3  
Bolden Family – Jenali Yr 3, Emily Prep

### Sunday Worship Services:

St John's Church (36 Markwell Street,  
Kingaroy) 9:45am



### St John's Lutheran School

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### Growing Deep



### Our school theme for 2017 is "Growing Deep"

Over the year we will be looking at how things grow in life and what makes them grow well.

We will be considering how we can grow too, in our learning and in our relationships with each other and with God.

What challenging situation is stretching you to grow at the moment?

#### Bible verse- Jeremiah 17:7

'But I will bless those who trust me.  
They will be like trees growing beside a stream  
trees with roots that reach down to the water,  
and with leaves that are always green.'

### Community Corner

Did you know? Melanoma is the most serious form of skin cancer. It typically starts on the outer layer of your skin (epidermis). The cancer invades your body rapidly if not treated early. We are pleased to confirm that we have a parent information session being held here at St John's by The Melanoma Awareness Foundation. Come along and become fully educated on the risk and the importance of prevention.

**When:** Tuesday, 21st of February, 2017

**Where:** St John's School Hall

**Time:** 2pm

Please see attached flyer for information or email Sarah [smca@sjls.qld.edu.au](mailto:smca@sjls.qld.edu.au)

**All welcome to attend**

*Valuing faith, friendships, and family while  
focusing on relationships, responsibility and results*

**What has been happening around the School in the holidays:**



**School Sign and Cross in the front of our New Administration Building.**

**New Senior Toilet Block**



**Landscaping around our new Classroom Block**



**New Uniform Shop -  
Second Hand Uniforms Available**

## Students of the Week

**1B** – William Champney, Laylah Bradshaw

**1D** – Georgie Sutton

**1W** – Flint Knight, Ella Gottke **2H** – Harry Murphy, Elliot Rees, Joseph Barrow

**2J** – Indianna Browning, Damian Radcliffe, Livvie Coulson

**3A** – Amelia Lonsdale, Diego Christoffel

**3M** – Joshua Brownsey, Kayleigh Johannesen

**3S** – Kiarah Smith, Renae Harris

**4KR** – Halle Cameron, Bevin Hanna, Tavian Clarke, Kate Gadischke

**4PR** – Joshua Mills, Kyrin Lucas, Amber Finney

**5CM** – Tyrone Lavis, Lily Knight, Olivia Fiedler

**5N** – Wylie Newton, Abbie-Jane Lord, Ethan Loveday, Ava Eckart

**6L** – Cody Best

**6WL** – Amber Seng, Joseph Koch

**Encouragement Award:** Wylie Newton

**Library Award:** Year 1D

## Sunday Night Life – Sunday, 19<sup>th</sup> of February

All families are invited to come along and share in this devotional time, as our Year 6WL students introduce the school's theme for the year, "Growing Deep". The first service will be held on the **19<sup>th</sup> of February at 5pm** in the School Hall. Please bring a plate of food to share for a time of fellowship after the service.

## Parent/Teacher Information Evenings

Thank you to the parents who attended the Year 5 to Year 9 Information Evening last Thursday and the Prep to Year 4 Information Evening last night. It was wonderful to see so many parents attend these important sessions. Thank you also to the teachers and staff who prepared information for these evenings

## Live It! Youth Group

Our first Live it! Youth Group for students in Year 6-9, is on Friday, the 10<sup>th</sup> of February. We will be heading out to Mrs Wilks's farm for a night of bonfires, marshmallows, games and good clean (they will possibly get dirty) fun! It will run from 6:00pm until 8:00pm. A note went home today to students.

## Secondary Snippets

Thank you to all the parents who attended the Junior Secondary Information Evenings last Thursday night. If anyone was unable to attend and would like a copy of the Powerpoint presentation from this evening, please e-mail Karyn Bjelke-Petersen on [kbye@sjls.qld.edu.au](mailto:kbye@sjls.qld.edu.au)

A copy of the school 'Assessment Policy' is also available on the school app if any parents would like to view a copy.

**Emu Gully Camp – Year 7** - Our Year 7 students are off to Emu Gully next Monday. We hope that they have a lot of fun, and we look forward to hearing about their adventures when they return to school next week. Final payment is due tomorrow, Thursday, the 9<sup>th</sup> of February. Please return forms and payment to the office as soon as possible if you have not already done so.

**Senior Devotion** – Due to Year 7's being away on camp, there will be no Senior Devotion in the Hall on Tuesday, the 14<sup>th</sup> of February. Students will have devotion in their classrooms.

## Whipcracking

Several students from St John's will be participating in the Clifton Show Queensland Whipcracking Titles this weekend. We wish them all the best for their competition.

## Year 6 - Canberra Trip Information Night

On Tuesday, the 21<sup>st</sup> of February at 6pm, there will be a Parent Information Evening to discuss details of the Canberra Trip with Pam Walsh from EducaTours Australia. This will be held in the Hall. Please bring along any questions you may have.

## Morning Drop Off Reminders

Just a reminder that students who arrive before 8:30am are to wait in the Undercover Area outside the Hall. Students will then proceed to the classroom with their teachers once the morning staff meeting finishes.

## Packing a Healthy Lunchbox

With the unpredictable nature of our day-to-day lives, preparing and packing a healthy lunchbox can be a difficult task. Finding time to shop and prepare interesting and healthy meals for school lunches can be stressful. But the foods we send to school with our kids can contribute up to 1/3 of their daily intake of nutrients. So it's important to pack a balanced lunch to ensure they're getting the nutrients they need. ([Click here for a lunchbox flyer](#))

### Things you need to know:

What is in a balanced lunchbox?

Pack the core 4 + 1 for active kids

- Main Lunch
- Core Snack
- Piece of fruit (seasonal)
- Water with an additional small reduced fat milk drink or 99% fruit juice (aim for <200ml serve) for added variety throughout the day
- +1 Extra snack for active kids

Add extra core snacks or one small 'extra' pre-packaged snack once a week.

Keep "occasional" foods such as snack food bars, sweet biscuits, flavoured or coated popcorn and savoury biscuits and chips out of the lunch box. Although they can offer a practical convenient solution for lunchboxes, they should not replace the core snack and should be kept for special occasions. Avoid including the ones with added confectionery and opt for wholegrain varieties packed full of whole foods you can see with your eyes.

([Need some lunchbox snack ideas – click here.](#))

Keep an eye in the 'Community Corner' for an upcoming dietician visit regarding healthy lunch boxes in Term 2.

## Seesaw Parent Information Sessions

Seesaw is a digital portfolio system that is being used by our Prep-Year 4 teachers and students. We are running two parent information sessions on **Monday, the 13<sup>th</sup> of February at 9:30am** and **Wednesday, the 15<sup>th</sup> of February at 5pm**, in the Administration Conference Room.

It will take approximately 45 minutes to complete the session which would include:

1. Downloading the parent access app
2. Loading your student/students so you can view your profile
3. Explaining what Seesaw is and the expectations around its use for 2017

For more information, or if you cannot attend a session, please email Ashley Dalton at [adal@sjls.qld.edu.au](mailto:adal@sjls.qld.edu.au) or Sarah McAdam at [smca@sjls.qld.edu.au](mailto:smca@sjls.qld.edu.au)

## Life Education Van – From Year 5

Over the past couple of weeks, the primary classes have had the opportunity to visit the Life Education Van. The Year 5 classes enjoyed two visits to the van. The first one focussed primarily on medicines and the fact that medicines are sometimes necessary to maintain good health. However, they also discovered more about adult supervision, expiry dates and correct storage of medicines. The 2nd session dealt with smoking and its effects on our overall health. The following topics were discussed - What's in a cigarette? What are the effects of smoking? What are the benefits of being a non-smoker? The children found both sessions very informative.



## Positive Partnerships

'Positive Partnerships' – Working together to support school-aged students on the Autism Spectrum.

Free one day workshop for parents and carers, designed to foster productive school, family and community relationships to provide the best kind of support for your child.

**When:** Wednesday, 15th March 2017 – 9:15am-3pm

**Venue:** Pioneer Lodge Motel

**Register Online:** [www.positivepartnerships.com.au](http://www.positivepartnerships.com.au) (Please see flyer in the community notices with more info)

**Infoline:** 1300 881 971 or e-mail [parentcarer@autismspectrum.org.au](mailto:parentcarer@autismspectrum.org.au)

## Date Claimer - Walk-a-thon - 24th Feb 2017

Hopefully all students are busy fundraising for the **St John's School Walk-a-thon** as forms and money are due back into the office by **Wednesday, the 22nd of February**.

**The Walkathon and Welcome Back Evening** will be held on **Friday, the 24th of February, from 5pm**.

### Program as follows:

**5pm** – Walkathon commences, followed by games.

**From 5:30pm** – BBQ and Music by the “**MISfITZ**”.

If students are unable to participate in the Walk-a-thon on the day, an alternative time will be organised for them to walk during the following week.

**Please note:** Students must be accompanied by an adult for the evening. This is a social evening and students will need to be supervised by their parents.

Dinner will be available to be purchased on the evening:

- Sausage in Bread - \$2
- Soft Drink - \$2
- Steakette Burger - \$4
- Glowsticks, Water, Poppas and Fruit Juice Ice Blocks will also be for sale on the evening.

**How Does My Child Fundraise?** - Students have now received a Sponsorship Form which will assist in raising funds for the Walk-a-thon. Students who raise \$10 or more will receive an incentive prize for their efforts. (More forms are available in the office). We are also set up for online fundraising. Students can create a profile page at [www.myprofilepage.com.au](http://www.myprofilepage.com.au) and register for online fundraising. This places them in the draw to win an Apple WATCH and if they raise more than \$30 they can go into the draw to win a \$5000 Cruiseabout Gift voucher.

Thank you in advance for your participation, and Happy Fundraising!

**If anyone would like to help with the Walk-a-thon, please e-mail Kylie Olsen-Price on [kols@sjls.qld.edu.au](mailto:kols@sjls.qld.edu.au)**

## P&F Meeting

Thank you to all the parents and staff members who attended Monday night's P&F meeting; it is always great to see new faces. We covered quite a variety of topics and came up with many ideas that aim to provide positive outcomes and improvements for our school, staff and students. Minutes from the meeting will be posted for viewing on the school website in the near future.

We would like to welcome Justine Francis as President, Matt Wyvill as Vice President, Michelle Rees as Secretary, Amanda Kefford as our new Treasurer, Jenny-Lee Stolzenberg as our fundraising Co-ordinator and Helen Eagleson and Bernie Shailer as our extra members. We look forward to another year of raising funds through social gatherings for the parents and children of our school.

## St John's P&F Trivia Night - "Through the Decades"

We are looking forward to the St John's P&F Trivia Night on Friday, the 24th of March. The theme for the evening is "Through the Decades" and wonderful entertainment will be provided on the evening by the “**MISfITZ**”. Mark your calendars, organise your costumes, and start getting your table of six together for a fun-filled night out, which also raises funds for our school's ICT program. **TICKETS ARE ON SALE NOW**. For information or to organise tickets, please contact [sjlspf@gmail.com](mailto:sjlspf@gmail.com), or nomination forms are available from the office.

## Uniform Shop

The uniform shop has re-located to the old Administration Building. Please go to the new uniform shop for all your uniform requirements.

**Opening hours:**

Monday	8:00am – 9:15am
Wednesday	8:00am – 9:15am
Thursday	2:30pm – 3:15pm

## Pink Forms & Information Forms

If you haven't returned the pink forms and other information forms that were sent home last year, please do so as soon as possible. Thank you.

## Sporting Schools Term 1

Positions are still available for Netball on Monday, for students from Year 3 to Year 6, and for Basketball on Wednesday, for students from Year 3 to Year 6. There are no positions left for Hockey. Sporting Schools runs for four weeks starting next week, from 3pm - 4:15pm. Parents are required to collect their students promptly at 4:15pm. If your child has been offered a place in Sporting Schools this term, they will receive a confirmation form this week which will need to be completed and returned to the office.

**Please note the dates for the program listed below:**

<b>Monday - Netball</b> Year 3 to 6	13 <sup>th</sup> Feb 2017	20 <sup>th</sup> Feb 2017	27 <sup>th</sup> Feb 2017	6 <sup>th</sup> Mar 2017
<b>Wednesday - Basketball</b> Year 3 to 6	15 <sup>th</sup> Feb 2017	22 <sup>th</sup> Feb 2017	1 <sup>st</sup> Mar 2017	8 <sup>th</sup> Mar 2017
<b>Thursday - Hockey</b> Year 1 to 4	16 <sup>th</sup> Feb 2017	23 <sup>rd</sup> Feb 2017	2 <sup>nd</sup> Mar 2017	9 <sup>th</sup> Mar 2017

## Wide Bay School Sport Re - minder

Wide Bay Swimming nominations for 10 – 12 years need to be to Mr Moseling by Wednesday, the 15th of February. Only competitive club swimmers can submit times.

## Dates to Remember

10th February- Live it! Youth Group 6pm

13th February - Junior Devotion 8:50am

Seesaw Parent Session 9:30am

13th – 14th February – Year 7 Camp at Emu Gully

15th February – Meals on Wheels

Seesaw Parent Session 5.00pm

## Community Notices

**Just letting you know about some forthcoming gigs if you are keen for some live music...**

11<sup>th</sup> Feb MISFITZ Kingaroy RSL from 8 pm

17<sup>th</sup> Feb Fitzy Kingaroy RSL from 7pm

24<sup>th</sup> Feb MISFITZ St John's Walk-a-thon

24<sup>th</sup> Mar MISFITZ St John's Trivia Night from 6pm





Melanoma Awareness Foundation  
Queensland Australia

## LYNDA GEIGER YOUNG PARENTS PROGRAM



### EDUCATING PARENTS ON MELANOMA PREVENTION

"UV exposure during a person's first 18 years of life is the most critical for cancer-causing skin damage and skin aging" Professor Michael Kimlin

The program aims to educate young parents on the importance of sun protection and early detection. Central to the program is the notion of educating parents to pass on sun smart habits to their children through role-modelling good behaviours and education.

Fostering a cultural shift towards sun smart practices includes the promotion of:

- Sun protective clothing
- Fashionable hats
- Habitual sunscreen application
- Portable shade structures

21<sup>ST</sup> OF FEBRUARY  
2:00PM

ST JOHN'S  
LUTHERAN SCHOOL  
HALL

YOUNGER CHILDREN  
WELCOME

40 MIN DISCUSSION  
WITH THE  
MELANOMA  
AWARENESS NURSE

GROUP READING OF  
CHILDREN'S BOOK  
'MELANIE & ME'

THE PROGRAM HAS  
BEEN NAMED IN  
HONOUR OF LYNDA  
GEIGER, LOVING WIFE  
AND MOTHER, WHO  
SADLY PASSED AWAY  
ON 16<sup>TH</sup> OF  
NOVEMBER 2015,  
AGED 46



positive partnerships

Working together to support school-aged students on the autism spectrum

## Free One Day Workshop for Parents and Carers

Kingaroy  
Wednesday  
15 March 2017

Positive Partnerships is coming to a location near you!

Join us for a day of learning with other parents and carers of school-aged children on the autism spectrum, designed to help you foster productive school, family and community relationships to provide the best kind of support for your child. Our workshops are for parents, carers and grandparents wanting to understand more about autism and learn practical strategies using evidence based resources to help maximise their young person's learning.

### What will you gain by attending this workshop?

- An increased understanding of the impact of autism
- Further knowledge about how to develop effective partnerships with your school
- Information to help you access further support both inside and outside of school
- An opportunity to be part of a support network where you can share strategies and experiences with other parents/carers
- An understanding of a planning tool that can be used to share key information related to your child

### Workshop details

Venue: Pioneer Lodge Motel  
100 Kingaroy Street  
Kingaroy QLD 4610

When: Wednesday 15 March 2017  
9.15 am – 3.00 pm (Registration from 8.30 am)

Catering: Morning tea and lunch is provided. Please advise any dietary requirements upon registration.

Register Online: [www.positivepartnerships.com.au](http://www.positivepartnerships.com.au) Registrations open on 8 December 2016 and close one business day prior to the workshop. Register early as places are limited!

Questions? If you are not able to register online please call the Positive Partnerships Infoline : 1300 861 973 or email [parentcarer@autismspectrum.org.au](mailto:parentcarer@autismspectrum.org.au)

The Positive Partnerships initiative is funded by the Australian Government, Department of Education and Training through the Helping Children with Autism package and is delivered by Autism Spectrum Australia. The views expressed in this publication do not necessarily represent the views of the Australian Government or the Department of Education and Training.



## BIEDO Women's Wellness Morning Teal



Friday 24 February 2017, 9am – 12noon  
Nanango Cultural Centre



Free Admission & Morning Tea

Ladies, bring your friends for a great morning of fun & information. Wear something teal if you like.

Guest Speaker - Dr Madeleine Cooke,  
Complete Women's Healthcare

(Dr Cooke runs regular gynaecology clinics servicing North, Central & South Burnett. To find out more, telephone 1800 791 332, email [info@completewomenshealthcare.com.au](mailto:info@completewomenshealthcare.com.au) or visit your GP)

All Welcome!



BIEDO  
Phone: 07 4169 5456  
Web: [www.biedo.org.au](http://www.biedo.org.au)  
Email: [biedoadmin@burnett.net.au](mailto:biedoadmin@burnett.net.au)  
Facebook: <https://www.facebook.com/biedobusinessservices>





**BRISBANE LIONS**

**FREE EVENT**



**South Burnett Saints AFL Club**  
**2017 SEASON LAUNCH**  
 Registration and Sign on day  
**4PM TUES 21ST FEB**  
**COME MEET THE BRISBANE LIONS PLAYERS**  
 Activities, training sessions, face painting, raffles, prize draws.

**ALL AGES**  
**MENS, WOMENS & JUNIORS**

Come make new friends, learn new skills and be apart of South Burnett's Australian Football Family.

Pre Register for 2017 at - <https://membership.sportstg.com/regoform.cgi>  
 More Information Contact: Daniel or David [southburnetafc@gmail.com](mailto:southburnetafc@gmail.com)  
 Find Us on Facebook - South Burnett Saints AFC

**Kingaroy Junior Redbacks**  
 "On-line" Registration is **NOW OPEN** for ALL re-registering and new players.  
 Go to [www.myfootballclub.com.au](http://www.myfootballclub.com.au) and follow the prompts.... by self-registering and paying in full  
 Online by **Thursday 2nd March** you automatically go in the draw to receive a **refund** of one Registration.  
**REDBACKS Sign On & Information Day - Saturday 11th February, 2017**  
 This is a great opportunity to ask any questions and to try on / purchase any gear required at great prices. 9am – 12pm, at the Junior Clubhouse located at Oliver-Bond Street (off Youngman Street).  
 Both boys and girls (turning 5 to 15 years) of any playing ability are encouraged to join the **REDBACKS** club. Every player receives a free training ball when fees are paid in full.  
 For more information please don't hesitate to contact our Club Registrar (Denise) : 0418 536 392 or email us via [kingaroyjuniorredbacks@gmail.com](mailto:kingaroyjuniorredbacks@gmail.com) and we will respond to your enquiry.  
 Both returning & new players are to "Register On-line" as early as possible so that organising of teams can commence. Please also checkout our **Facebook** page.

**Kingaroy Rugby League Football Club**

Looking for a sport to play in 2017? Why not try Rugby League!

New and returning players are invited to our  
**2017 Sign On Day**

**When:** Saturday 4 February 2017 from 9am to 1pm  
**Where:** the Kingaroy Rugby Football Club - TJ O'Neil Oval Bunya Highway

**Online Registrations**

Online Registrations are preferred.  
 To register online go to [www.playnrl.com.au](http://www.playnrl.com.au)

**Fees**

Fees for 2017 are \$135 per player or \$125 if paid on or before sign on day. For families with 2 or more children playing, the fee for your second child will also be \$135 or \$125 if paid on or before sign on day and the fee for every additional child will be \$80 or \$60 if paid on or before sign on day. The volunteer levy is \$90 per family and will be refunded if 6 hours of voluntary work has been recorded in the Volunteer's Register.




**South Burnett Rugby League Education Weekend**  
 Taabinga State School

Level 1 Club Coaching Course  
 Saturday 25.2.17  
 9.30am – 3.30pm

Level 1 Sports Trainer  
 Saturday and Sunday 25-26.2.17  
 8.00am – 4.00pm

**Register @ PlayNRL.com**

Further details contact:  
 Mitch Sargent – NRL Game Development Office  
 E: [msargent@nrl.com.au](mailto:msargent@nrl.com.au)  
 M: 0417 466 759



**Important:** All new players must provide a copy of their birth certificate. Players registering online can upload a photo of their birth certificate.